

## **CLAIMS**

1. A fillable chamber comprising: a hollow outer portion made from flexible material shaped to form a sphere of a predetermined volume capacity when full, said outer portion being at least partially filled; at least one inner portion made from flexible material shaped to form a predetermined geometric shape of a predetermined volume capacity when full, said inner portion being at least partially filled; whereby most of the inner portion is positioned within the outer portion so that there are at least two compartments within said fillable chamber.
2. A fillable chamber according to claim 1 whereby the chamber is filled with a gas.
3. A fillable chamber according to claim 1 whereby the chamber is filled with a liquid.
4. A fillable chamber according to claim 1 whereby the inner ball portion is filled through a closable opening.
5. A fillable chamber according to claim 4 whereby the closable opening of the inner portion communicates with the exterior of the fillable chamber.
6. A exercise ball comprising: a hollow fillable outer ball portion made from flexible material shaped to form a sphere of a predetermined volume capacity when full, said outer ball portion being at least partially filled with a fluid; at least one inner ball portion made from semi-flexible material so that as the weight of an exerciser is placed on the ball at least two partially separated interior compartments are formed so that flow of a fluid between the interior compartments is retarded.
7. An exercise ball comprising: a hollow fillable outer ball portion made from flexible material shaped to form a sphere of a predetermined volume capacity when full, said outer ball portion being at least partially filled; at least one inner ball portion made from semi-rigid material so that when weight is on the exercise ball and the outer ball portion

5 is at least partially emptied, the weight on the exercise ball is supported by the inner ball portion.

8. A stationary exercise device for use by an exerciser doing sit-up type exercises to stress the exerciser's abdominal muscles, said device comprising: at least one fillable chamber formed from flexible resilient material adapted to contain a fluid medium for comfortably supporting the body of the exerciser; a base configured to receive said  
5 fillable chamber; and at least one foothold whereby an exerciser may sit on the fillable chamber and place his feet in the foothold while performing exercises.

9. A stationary exercise device according to claim 8 wherein the fillable chamber is an exercise ball.

10. A stationary exercise device according to claim 8 wherein the base is moveably connected to the foothold so that the exerciser may adjust the distance between the foothold and the fillable chamber.

11. A stationary exercise device according to claim 8 wherein there are a plurality of footholds positioned so that exercisers of various heights may utilize the machine.

12. A stationary exercise device according to claim 8 wherein there are a plurality of footholds positioned so that an exerciser may vary the difficulty of an exercise by varying the foothold that the exerciser uses.

13. An abdominal exercise device comprising: a plurality of frame members interconnected to form a frame assembly; a deformable seat supported by the frame assembly in a predetermined position to the frame assembly; a plurality of footholds disposed on the frame assembly, positioned approximately a bent leg's length for a  
5 variety of heights away from the seat; an attached arcuately moveable headrest, generally positioned above the footholds and connected to the frame assembly; and at least one

handhold device connected to the frame assembly so that an exerciser may hold the handhold device to stabilize himself during exercise.

14. An abdominal exercise device according to claim 13 wherein the seat is moveably attached to the frame assembly through at least one frame member.

15. An abdominal exercise device according to claim 13 wherein the seat is an exercise ball.

16. An abdominal exercise device according to claim 13 wherein the seat does not immediately empty its contents in the event of a catastrophic failure.

17. An abdominal exercise device according to claim 13 wherein the deformable seat will prevent any weight positioned on the deformable seat from making immediate contact with the frame assembly if the deformable seat ruptures.